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## What is claimed is:

semiconductor material; and

1. A method for forming a trench capacitor, the method comprising: forming a trench in a semiconductor substrate;

depositing a conformal layer of semiconductor material in the trench; roughening the surface of the conformal layer of semiconductor material; forming an insulator layer outwardly from the roughened, conformal layer of

forming a polycrystalline semiconductor plate outwardly from the insulator layer in the trench.

- 2. The method of claim 1, wherein depositing a conformal layer of semiconductor material comprises depositing a layer of amorphous silicon and heating the amorphous silicon to form a polysilicon layer of the same conductivity type as the adjacent semiconductor substrate.
- 3. The method of claim 1, wherein roughening the surface of the conformal layer of semiconductor material comprises etching a surface of the semiconductor material with a phosphoric acid etch.
- 4. The method of claim 1, wherein roughening the surface of the conformal layer of semiconductor material comprises etching a surface of the semiconductor material with an anodic etch.
- 25 5. The method of claim 1, wherein roughening the surface of the conformal layer of semiconductor material comprises etching a surface of the semiconductor material with an anodic etch including illuminating the conformal layer of semiconductor material during the anodic etch.

- 6. The method of claim 1, wherein forming an insulator layer comprises growing an oxide layer outwardly from the roughened, conformal layer of semiconductor material.
- 5 7. A method for forming a memory cell with a trench capacitor, comprising:
  forming a transistor including first and second source/drain regions, a body
  region and a gate in a layer of semiconductor material on a substrate;

forming a trench in the layer of semiconductor material; depositing a conformal layer of semiconductor material in the trench;

roughening the surface of the conformal layer of semiconductor material; forming an insulator layer outwardly from the roughened, conformal layer of semiconductor material;

forming a polycrystalline semiconductor plate outwardly from the insulator layer in the trench such that the polycrystalline semiconductor plate forms one of the plates of the trench capacitor; and

coupling the trench capacitor to one of the source/drain regions of the transistor.

- 8. The method of claim 7, wherein forming a transistor comprises forming a transistor with first and second source drain regions that are vertically aligned with the body region.
  - 9. The method of claim 8, wherein coupling the trench capacitor to the first source/drain region comprises forming the trench for the trench capacitor adjacent to the first source/drain region.
  - 10. The method of claim 7, wherein forming a transistor comprises forming a lateral transistor.

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- 11. The method of claim 10, wherein coupling the trench capacitor to the first source/drain region comprises forming a strap from the polycrystalline semiconductor plate to the first source/drain region.
- The method of claim 7, wherein depositing a conformal layer of semiconductor material comprises depositing a layer of amorphous silicon and heating the amorphous silicon to form a poly-silicon layer of the same conductivity type as the adjacent semiconductor substrate.
- 10 13. The method of claim 7, wherein roughening the surface of the conformal layer of semiconductor material comprises etching a surface of the semiconductor material with phosphoric acid.
- 14. The method of claim 7, wherein roughening the surface of the conformal layer of semiconductor material comprises performing an anodic etch of a surface of the semiconductor material.
- 15. The method of claim 7, wherein roughening the surface of the conformal layer of semiconductor material comprises performing an anodic etch of a surface of the semiconductor material while illuminating the semiconductor material.
  - 16. The method of claim 7, wherein forming an insulator layer comprises growing an oxide layer outwardly from the roughened, conformal layer of semiconductor material.

17. A memory cell, comprising:

a lateral transistor formed in a layer of semiconductor material outwardly from a substrate, the transistor including a first source/drain region, a body region and a second source/drain region;

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a trench capacitor formed in a trench and coupled to the first source/drain region; and

wherein the trench capacitor includes a polycrystalline semiconductor plate formed in the trench that is coupled to the first source/drain region, a second plate formed by the substrate with a surface of the substrate in the trench roughened by etching a polycrystalline semiconductor material on the surface of the substrate, and an insulator layer that separates the polycrystalline semiconductor plate from the roughened surface of the substrate.

- 10 18. The memory cell of claim 17, wherein the polycrystalline semiconductor plate comprises polysilicon.
  - 19. The memory cell of claim 17, wherein the second plate comprises a heavily doped p-type silicon substrate.
  - 20. The memory cell of claim 17, wherein the second plate of the trench capacitor comprises the substrate with a surface in the trench that is roughened by an anodic etch.
  - 21. The memory cell of claim 17, wherein the second plate of the trench capacitor comprises the substrate with a surface in the trench that is roughened by a phosphoric etch.

22. A memory cell, comprising:

a vertical transistor formed outwardly from a substrate, the transistor including a first source/drain region, a body region and a second source/drain region that are vertically aligned.

wherein a surface of the first source/drain region is roughened by etching a polycrystalline semiconductor material on a surface of the first source/drain region; and

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- 23. The memory cell of claim 22, wherein the first source/drain region comprises single crystalline silicon with a layer of polysilicon formed on its surface in the trench, wherein the layer of polysilicon is roughened by etching the surface of the polysilicon with phosphoric acid.
- 24. The memory cell of claim 22, wherein the first source/drain region comprises single crystalline silicon with a layer of polysilicon formed on its surface in the trench, wherein the layer of polysilicon is roughened by etching the surface of the polysilicon with an anodic etch.
- 25. The memory cell of claim 22, wherein the polycrystalline semiconductor plate comprises polysilicon.
- 26. A memory device, comprising:

an array of memory cells, each memory cell including an access transistor that is coupled to a trench capacitor wherein a first plate of the trench capacitor includes a micro-roughened surface of porous polysilicon and a second plate of the trench capacitor is disposed adjacent to the first plate;

a number of bit lines that are each selectively coupled to a number of the memory cells at a first source/drain region of the access transistor;

a number of word times disposed substantially orthogonal to the bit lines and coupled to gates of a number of access transistors; and

a row decoder coupled to the word lines and a column decoder coupled to the bit lines so as to selectively access the cells of the array.

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27. The memory device of claim 26, wherein the first plate comprises a single crystalline silicon source/drain region of a vertical transistor with a layer of polysilicon formed on its surface in the trench, wherein the layer of polysilicon is roughened by etching the surface of the polysilicon with phosphoric acid.

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28. The memory device of claim 26, wherein the first plate comprises a single crystalline silicon source/drain region of a vertical transistor with a layer of polysilicon formed on its surface in the trench, wherein the layer of polysilicon is roughened by etching the surface of the polysilicon with an anodic etch.

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29. The memory device of claim 26, wherein the polycrystalline semiconductor plate comprises polysilicon.

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30. The memory device of claim 29, wherein the access transistor comprises a lateral transistor that is coupled to the second plate of the trench capacitor.

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